

Familiar Tasks Intervention Protocol



General Purpose: To improve memory recollection, problem solving skills, and cognitive stimulation

Materials Needed: a magnetic board, white poster board, a permanent black marker, adhesive-backed sheet that can be made into twelve 1" x 0.5" pieces, laundry bag full of towels.

Population: Lower cognitive functioning

Client Problems that may be addressed: Any cognitive stimulation can assist individuals experiencing dementia or other cognitive disabilities by aiding them in retention and/or increase in their cognitive abilities.

Contraindicated Criteria: Some clients may have severe cognitive disabilities and may need task segmentation while engaging in this activity.

Staff Training and Certification Requirements: Each staff member should be certified and licensed (if applicable) as a certified therapeutic recreation specialist (CTRS) and/or therapeutic recreation technician (TRT) and be required to maintain his or her licensure and certification.

Setup:

1. Think of tasks that would be familiar to your residents, which can be simplified into 3 to 4 step commands. Some ideas may include: watering plants, mailing a letter, making the bed, brushing their teeth, tying their shoes, folding laundry, etc.
2. Create 1' x 3' title labels by writing each task on a piece of poster board, making sure the print is large, bold, and legible
3. Divide each task into steps and write these on strips of poster board, one step on each strip. For example, if you want residents to sequence the steps for tying a shoe, the strips might read: "Put on shoe," "Tighten laces," and "Tie laces in a bow."
4. Cut the magnet into pieces
5. Attach two magnets to the back of each of the title labels and step strips, one on each end
6. Gather the participants into a small group and place the magnetic board in front of them
7. Put all of the towels in the laundry basket

Intervention Instructions:

1. Place the title of the sequencing task on the magnetic board
2. Ask the participants to read the title strip
3. Pointing to the title strip, say to the participants, "I need your help to put the steps of this task in order."

4. Distribute the sentence strips from this task to some of the participants, one sentence per person.
5. Instruct the participants who were given sentence strips to read them aloud to the group, one at a time.
6. Direct participants to decide which command starts the sequencing tasks. Encourage them to work together to decide this. Always repeat what is read, saying it loud enough for the players to hear.
7. Instruct the residents with the first sentence strip in the sequence to place it on the magnetic board underneath the title strip or to hand it to the facilitator to place on the board.
8. Ask the group to decide what comes next.
9. Encourage the participants with the second step in the sequence to place it on the board underneath the first step, or hand it to the facilitator to place on the board.
10. Repeat until all of the cards in the task's sequence are on the board.
11. Read back the sequence decided upon by the participants.
12. Ask them if there is something that they would like to change or if the steps are in the correct order.
13. Invite the participants to read the steps of the task (after they modify the sequence's order).
14. Continue with the additional title sequenced tasks by repeating the above directions.
15. After completing all of the sequencing, explain to the residents that you will now complete one these tasks as a group
16. Take the laundry basket of towels, and explain that now that we can recall of the steps, we need finish this chore together.
17. Have a participant read the sequencing for folding towels, and step by step, have participants complete this task.
18. End by thanking each participant individually.

Taken from: Montessori-Based Activities for Persons with Dementia, Volume 1 and 2